

# 了解吗啡和其它 鸦片类药物

鸦片类药物是止痛药。它们包括可待因、吗啡和羟考酮。这些信息可以为您和您的护理人员提供一些帮助，使用这些药物来缓解疼痛。了解事实将帮助您控制疼痛，并帮助您改善生活质量。

## 什么是吗啡？

吗啡是一种鸦片类药物，可以很好地缓解许多类型的疼痛。虽然它最常用于止痛，但它也可用于控制呼吸困难的感觉。

## 我该如何服用鸦片类药物？

鸦片类药物可以通过以下几种方式给药：

- 短效片剂或糖浆，可缓解疼痛长达四小时。
- 长效片剂或胶囊，有效12小时，所以您只需要每天服用两次。

临床一般采用短效和长效鸦片类药物组合以控制疼痛。如果需要，一些鸦片类药物也可以作为注射剂使用。

## 主要副作用会是什么？

鸦片类药物的副作用是可控的。

最常见的经历是：

- 便秘 – 鸦片类药物可以减缓肠道活动，因此大多数服用鸦片类药物的人也需要服用泻药。
- 恶心 – 鸦片类药物可以让您在第一次服用时感到恶心。您的医生可能会给您一些东西来阻止这种感觉，但通常这种感觉只会持续几天时间。

- 嗜睡 – 鸦片类药物可以让您在最初几天或者当剂量增加时感到困倦，随着逐渐习惯这类药物，您的身体会逐渐适应。

如果您有其它副作用，请记下这些副作用，并把副作用的情况及发生时间告诉您的医生。您的医生可以通过改变剂量或药物来提供帮助。

## 如果我服用鸦片类药物，我会上瘾吗？

当您的医生与您一起为疼痛建立适当剂量的鸦片类药物时，您不会上瘾。只有当人们滥用，并在没有医疗监督的情况下使用鸦片类药物，才会出现上瘾情况。

## 我服用鸦片类药物时可以使用辅助药物吗？

重要的是告诉您的医生或护士您正在服用的所有其它药物、维生素、草药或补品。这将使他们全面了解您维护健康的作法，并确保您获得协调和安全的护理。

## 更多问题？

如果您对吗啡或其它鸦片类药物有任何疑问，请咨询您的护士、医生或药剂师。请访问 [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) 获取更多信息，或联系 HealthLine 0800 611 116。



# Understanding Morphine and other Opioid Medicines

**Opioid medicines are pain relievers. They include codeine, morphine and oxycodone. This information is a guide to help you, and your carers, use these medicines to relieve pain. Knowing the facts will help you manage your pain and help to improve the quality of your life.**

## What is morphine?

Morphine is a type of opioid medicine that works very well to relieve many types of pain. Although it is most commonly used for pain, it can also be used to control feelings of breathlessness.

## How do I take opioid medicines?

Opioid medicines can be given in several ways:

- Short-acting tablets or syrups, which provide pain relief for up to four hours.
- Long-acting tablets or capsules that are effective for 12 hours, so you only need to take them twice a day.

Commonly, a combination of both short and long-acting opioid medicines is required to manage pain. Some opioid medicines are available as injections too, if needed.

## What are the main side effects to look for?

The side effects of opioid medicines are manageable.

The most commonly experienced are:

- Constipation – opioid medicines slow down bowel activity so most people who take opioids, need to take laxatives also.
- Nausea – opioid medicines can make you feel sick when you first take them. Your doctor may give you something to stop this feeling but, usually, it lasts only a few days.
- Drowsiness – opioid medicines can make you feel sleepy for the first few days while you are getting used to them, or when the dose is increased, but your body will gradually adapt.

If you have other side effects, note these down and tell your doctor what they are, and when they occur. Your doctor may be able to help by changing the dose or the medicine.

## If I take an opioid medicine will I become addicted to it?

When your doctor works with you to establish the right dose of opioids for your pain, you will not become addicted. Addiction occurs only when people misuse opioid medicines and take them without medical supervision.

## Can I use Complementary Medicines when I am taking opioid medicines?

It is important to tell your doctor or nurse about all other medicines, vitamins, herbs or supplements that you are taking. This will give them a full picture of what you do to manage your health and will ensure that you receive coordinated and safe care.

## More questions?

If you have any further questions about morphine or other opioid medicines, please ask your nurse, doctor or pharmacist. Visit [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz) for more information or contact **HealthLine** on **0800 611 116**.